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# A MARVELOUS EVOLUTION



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Brie Larson's "Captain Marvel" is the latest and greatest example of how women superhero costumes have changed. 24

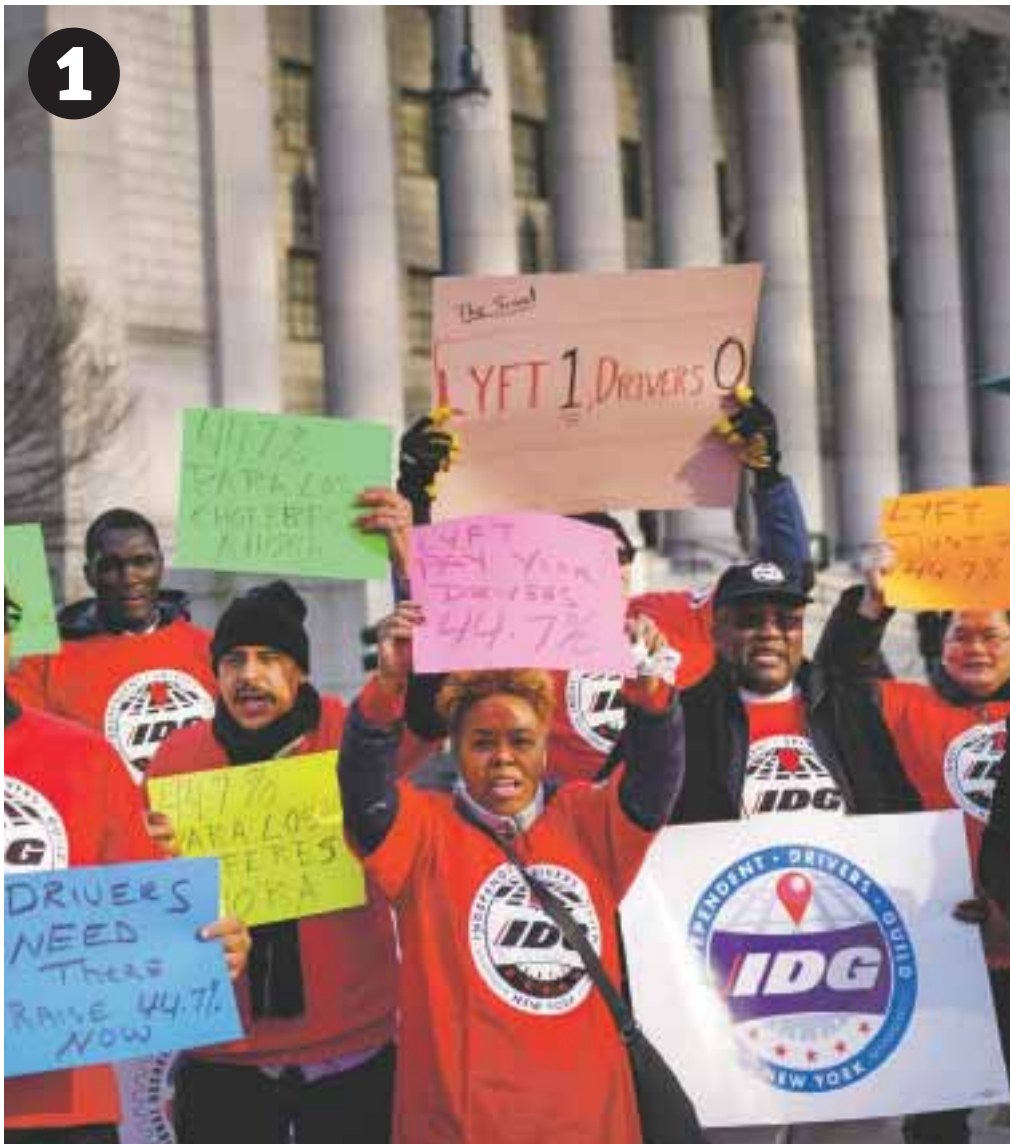
# THINGS TO KNOW

## Independent Drivers Guild protests Lyft's minimum-wage lawsuit

Lyft, the popular ride-hailing service and Uber competitor, is planning its initial public offering.

Members and supporters of the Independent Drivers Guild protested against Lyft, which is challenging the way the Taxi and Limousine Commission calculates the minimum wage for drivers, at a hearing before

the commission outside of New York state Supreme Court on March 18, 2019, in New York City. Lyft, the popular ride-hailing service and competitor to Uber, is planning its initial public offering (IPO) on the NASDAQ stock exchange in the coming weeks. Lyft has projected investors would buy the stock for between \$62 and \$68 per share, with the company expecting to raise over \$2 billion through the sale of stock.



ALL GETTY IMAGES

### Christchurch survivor forgives his wife's killer

**2** A wheelchair-using worshipper who survived the slaughter at Christchurch's Al Noor Mosque, but whose wife was killed, has offered an olive branch to the gunman, saying he would like to meet him and telling him "I still love you." Fifty people died at two mosques in the South Island city on Friday when a gunman burst in, spraying bullets at his victims while they prayed in a city now consumed by grief and sadness. "I want to

give the message to the person who did this, or if he has any friends who also think like this: I still love you," Farhid Ahmed, 59, told Reuters in an interview at his house, as mourners arrived to offer condolences for his wife, Husna. "I don't agree with what you did ... but I want to believe in you. That you have great potential in your heart," he said. Australian Brenton Tarrant, 28, a suspected white supremacist, was charged on Saturday with murder.

### Early prison release for Dem donor in \$292M bank fraud

**3** A New York financier and Democratic political donor who pleaded guilty to a \$292 million bank fraud is being released early from his 12-year prison term and moving to home confinement, court papers show. Hassan Nemazee, 69, who has spent about 8-1/2 years in prison, obtained approval last week from the federal Bureau of Prisons for the move, which is scheduled for late this week. Nemazee in January had asked his

sentencing judge, U.S. District Judge Sidney Stein, for early release. The prison bureau decision eliminated the need to rule on the merits of that request, according to an order made public on Monday. Nemazee, a U.S. citizen whose family left Iran after the 1979 revolution, is among the earliest prisoners obtaining early release under the bipartisan First Step Act signed by President Donald Trump in December.

### Mozambique cyclone death toll could surpass 1,000

**4** The number of people killed in a powerful storm and preceding floods in Mozambique could exceed 1,000, the president said on Monday, putting the potential death toll greatly more than current figures. Only 84 deaths have been confirmed so far in Mozambique as a result of Cyclone Idai, which has also left a trail of death and destruction across Zimbabwe and Malawi, with vast areas of land flooded, roads de-

stroyed and communication wiped out. President Filipe Nyusi said he had flown over the affected region, where two rivers had overflowed. Villages had disappeared, he said, and bodies were floating in the water. "Everything indicates that we can register more than one thousand deaths," he said. The cyclone has also killed 89 people in Zimbabwe, an official said on Monday, while the death toll in Malawi stood at 56 as of last week.





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## NEWS



Gokmen Tanis was taken into custody after three were killed in Utrecht.

REUTERS

# Dutch police arrest Turkish man suspected of killing 3

The motive of Gokmen Tanis, 37, remained unclear.

Dutch police arrested a Turkish man suspected of shooting dead three people and wounding five on a tram in the Dutch city of Utrecht on Monday.

Police said the suspect, 37-year-old Gokmen Tanis, had been taken into custody after an hours-long manhunt.

The city was put into lockdown after the shooting, shortly after the morning rush hour, which authorities initially said was an apparent terrorist attack. Police conducted raids in several locations after issuing an image of Tanis and warning the public not to approach him.

But hours after the shooting, the gunman's motive remained unclear. A prosecutor said it could be for "family reasons" and Turkey's state-run Anadolu news agency, quoting relatives of the gunman, said he had fired at a relative on the tram and had then shot at others who tried to help her.

Helicopters hovered over the usually quiet medieval town.

Authorities had raised the terrorism threat in Utrecht province to its highest level. Schools were told to shut their doors and paramilitary police increased security at airports, other vital infrastructure and at mosques.

The threat level was reduced by one notch after the suspect was arrested.

The National Counter-Terrorism Agency "reduced the threat level for the province of Utrecht to level 4. Motive is the arrest of the main suspect of the shooting," it said.

Dutch Prime Minister Mark Rutte convened crisis talks immediately after the incident, which came three days after a lone gunman killed 50 people in mass shootings at two mosques in the city of Christchurch, New Zealand.

"Our country has today been shocked by an attack in Utrecht. ... A terrorist motive cannot be excluded," Rutte said.

"The first reports have led to disbelief and dis-

gust. Innocent people have been struck by violence. ... We are now doing everything we can to find the perpetrator or perpetrators as soon as possible."

The mayor of Utrecht, Jan van Zanen, said three people had been killed and nine injured, three of them seriously. The number of injured was later lowered to five.

The suspect had previous run-ins with law enforcement, the regional prosecutor said on Monday. Prosecutor Rutger Jeurden told reporters the man had previously been arrested, without giving further details.

The shooting took place in Kanaleneiland, a quiet residential district on the outskirts of Utrecht with a large immigrant population.

"It's frightening that something like this can happen so close to home," said Omar Rahhou, who said his parents lived on a street cordoned off by police. "These things normally happen far away but this brings it very close, awful."

Witness Daan Moleenaar, who said he had been sitting at the front of the tram when the shooting started, told national broadcaster NOS he did not believe it was a terrorist attack.

"The first thing I thought was, this is some kind of revenge or something, or somebody who's really mad and grabbed a pistol," he said.

The streets of Utrecht were emptier than usual and mosques in the city kept their doors closed on Monday. Police screened off the site where at least one body lay covered near the tram.

Dutch television showed counterterrorism units surrounding a house in Utrecht and sniffer dogs being put to work.

Utrecht, the Netherlands' fourth-largest city with a population of around 340,000, is known for its picturesque canals and large student population. Gun killings are rare in Utrecht, as elsewhere in the Netherlands. **REUTERS**

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# Why Aren't Doctors Telling Knee Arthritis Sufferers About These Two Often Successful Treatments?

## *Two Advanced Medical Treatments Every Knee Arthritis Sufferer Needs To Know - Before Or After Knee Replacement Surgery*

**NYC** -If you suffer with knee arthritis pain, you have probably already tried *many* treatments... especially countless pain medications. With minimal or no results

### Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis *a lot of knee arthritis sufferers have never heard of.*

**Before we get into the two treatments, please understand this...**

**NYC Pain MD** is a REAL medical clinic that has treated thousands of knee arthritis sufferers. Patients travel from all over the state to be treated at one of their clinics because they want the best medical treatments available.

What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or on the internet.

**Know this fact:** There is no cure for arthritis. But there are *these* two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

### #1 Viscosupplementation

Here's what you need to know about viscosupplementation - the good and the bad....

When you have arthritis, you suffer a decrease in the lubrication fluids in your knee. In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid."

Pharmaceutical companies (with the help of scientists) can now make synovial fluid-like compounds that... during viscosupplementation treatments... doctors

precisely inject directly into the knee joint.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

### What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

### But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the formula will not get into the knee joint and the treatment will not work.

That's why the experts at **NYC Pain MD** use advanced digital imaging so they visually guide the injection accurately into the knee joint during the treatment.

Research shows that performing joint injections without imaging miss the joint as much as 30% of the time.

If you have had prior viscosupplementation without this special digital imaging without good results - this may be the exact reason why.

That's why NYC Pain MD even takes it one step further. They do not just use one form of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

### Another Important Factor

Viscosupplementation "medicines" also come in several different formulas.

Just like all medications, some people respond better to one than another. While many doctors only use one formula, the experts at NYC Pain MD use several and great effort is taken to figure out what the best one is for you.

### What Should You Do If Viscosupplementation Fails?

#### #2 Radiofrequency Neurotomy

This treatment is called, "Radiofrequency Neurotomy." RF for short RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Several branches of nerves that surround the knee are known as "Genicular nerves."

Radiofrequency waves are delivered to the Genicular nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, Genicular Neurotomy (GRF) is performed for long term relief.

### Is It Safe?

Research has shown this procedure to be safe and effective.

One study published November 4, 2010 in the journal *Pain* found that RF treated subjects on average "achieved at least 50% knee pain relief at 1, 4 and 12 weeks, respectively. No patient reported a post-procedure adverse event during the follow-up period. RF neurotomy of

## Advanced Imaging Allows Doctors To Pin-Point Treatments And Relieve Knee Arthritis Pain



**Science rescues knee arthritis sufferers?** Research shows joint injections done without advanced imaging misses the joint about 30% of the time. Now doctors can put lubricating fluid directly into the arthritis joint that may alleviate pain and restore function to many.

Genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee OA pain, and thus may be an effective treatment in such cases."

### Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication, physical rehab or viscosupplementation do not offer good enough results.

RF may be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

But - RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure may be the only thing that helps and give you after surgery relief.

### What To Do Next If You Are In Pain

**NYC Pain MD** offers a limited number of complimentary knee arthritis screenings every month. These screenings are a way for knee arthritis sufferers to get their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at **NYC Pain MD**. If you would like to schedule a screening, just call 877-380-8537.

The screenings fill up fast every month. This screening is no cost and there absolutely no obligation.

**More good news:** for qualified candidates, insurances and Medicare often cover these treatments.



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## Conor McGregor is at a crossroads in his life, says Stallone

Rocky Balboa says the UFC star needs to overcome his fear and beat Nurmagomedov.

Actor Sylvester Stallone says he believes Conor McGregor is at a crossroads in his life after the MMA fighter's latest arrest and an earlier loss to Khabib Nurmagomedov. "If he can't overcome his fear and beat this man, I think it'll plague him for the rest of his life," Stallone, a minority owner of the UFC, told TMZ Sports.

McGregor was arrested in Miami Beach last week after a fan said the Irish mixed martial arts fighter smashed his phone and walked off with the shattered remains, according to police records.

He was booked on suspicion of robbery and criminal mischief and later released on bond.

Nurmagomedov retained his UFC lightweight title with a submission victory over

McGregor in October after which a brawl broke out with members of the Russian's support team arrested.

The 72-year-old Stallone, famous for his action roles including boxer Rocky Balboa, said McGregor should tell himself: "O k a y, I've gone through a very rough time. I've been somewhat publicly humiliated. I'm at a crossroads in my life ... I have to overcome an incredible opponent who seems invulnerable."

Stallone added he would like to see a rematch between McGregor and Nurmagomedov.

"This is a crossroads in his life," Stallone said of McGregor. "This is probably the most important one because if he doesn't live up to his ideal ... if he can't over-

come his fear and beat this man, I think it'll plague him for the rest of his life."

Neither McGregor nor a spokesman could be reached for immediate comment.

The fighter was charged in April 2018 with three counts of assault and one count of criminal mischief after police said he attacked a charter bus in New York carrying UFC fighters.

**"If he can't overcome his fear and beat this man, I think it'll plague him for the rest of his life."**

Sylvester Stallone

He later pleaded guilty to a reduced disorderly conduct charge.

REUTERS



# The fight against erectile dysfunction

Don't worry. It happens.  
But there are ways to stop it!  
By Pat King

Many men deal with the awkward physical disability commonly known as erectile dysfunction. As a matter of fact, it may be a more common drawback for more men than you may think. According to a study conducted by the Cleveland Clinic, roughly 52 percent of men experience erectile dysfunction in their day-to-day lives, with 40 percent of men age 40 experience it and 70 percent of men age 70. So what are some ways that you can combat this ... gulp... disappointing condition that affects so many men in the bedroom?

## Eat and live right

As with many ailments, erectile dysfunction can be closely related to how much you exercise and how well you eat on a daily basis.

In a nutshell — by getting the right amount of cardio during the week, you will maintain a lower blood pressure which can help you to achieve healthier erections when it matters the most.

Eating right can also contribute to lowering your blood pressure with food like dark chocolate, pistachios, and watermelon all linked to lowering cholesterol and increasing the blood flow in the right areas. Some bad news for those who like the drink a few cocktails from time to time however is that drinking to excess has historically been linked to cases of erectile dysfunction. So try to cut back if you want to see improvements down there.

The importance of a healthy diet cannot be overstated in cases of erectile dysfunction as WebMD found. It is estimated that around "35-75% of men with diabetes will experience at least some degree of erectile

dysfunction during their lifetime." On top of that, men with diabetes will develop ED 10 to 15 years before men without diabetes.

## Cut out the problem at the root

While many pills and contraptions have been touted as the end all be all cures of this worrisome condition, few have produced the same exciting restorative results as the ErectionWave treatment. Created by board certified urologist, Dr. David Shusterman, this new innovative treatment has taken a different approach to this issue than, say, swallowing a couple vias on a nightly basis. The most exciting aspect of this treatment is that it actually works to cure the real issues behind ED and not offering a temporary solution. By directing high frequency rays towards blood vessels that have been blocked, ErectionWave treatment

will increase blood through these pathways to allow for stronger and longer lasting natural erections without the assistance of pills or useless penis pumps.

Another more direct erectile dysfunction cure is known as the Priapus Shot — or otherwise known simply as the "P-shot". This completely pain-free shot has been known to not only increase sex drive but increase the overall penis size to 3.5 centimeters. The shot gets these results by by kickstarting a man's own growth factors in his blood to recruit his body's own stem cells down to the penis causing quicker regeneration of tissue and blood vessels.

If you are interested in either of these groundbreaking treatments, make your appointment with Dr. Shusterman today by calling 212-661-0060.



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# Warner Bros. studios CEO Kevin Tsujihara resigns as AT&T probes 'mistakes'

The resignation follows a Hollywood Reporter article claiming an actress sought roles after having sex with the CEO.

Kevin Tsujihara has resigned as the head of Warner Bros. as one of Hollywood's most powerful studios investigates a report that he improperly helped an actress obtain roles at the studio.

He is the latest in a line of executives to lose their jobs in the media business following accusations of improper conduct or sexual harassment.

"It is in the best interest of WarnerMedia, Warner Bros., our employees and our partners for Kevin to step down as Chairman and CEO of Warner Bros.," WarnerMedia

Chief Executive John Stankey said in a statement on Monday.

Tsujihara's departure from the AT&T Inc.-owned studio follows a March 6 article in the Hollywood Reporter that said an actress had sought his help in landing roles after they had sex.

The report included text messages between Tsujihara and the actress that appeared to reveal they had sex. Tsujihara has not directly addressed his relationship with the actress or whether they had sex, nor his involvement in helping her career.

"Kevin acknowledges that his mistakes are inconsistent with the company's leadership expectations and could impact the company's ability to execute going forward," Stankey said in his statement.



REUTERS

Stankey did not specify what mistakes Tsujihara made. Only two days before the Hollywood Reporter published its story, Tsujihara was given an expanded, more powerful role as part of a restructuring of

AT&T's WarnerMedia.

"It has become clear that my continued leadership could be a distraction and an obstacle to the company's continued success," Tsujihara said in an email to employees on Monday,

which was seen by Reuters. "The hard work of everyone within our organization is truly admirable, and I won't let media attention on my past detract from all the great work the team is doing."

**"Kevin acknowledges that his mistakes are inconsistent with the company's leadership expectations."**

John Stankey,  
CEO, WarnerMedia

Tsujihara did not address why he was leaving in the email. Earlier this month, following the Hollywood Reporter story, Tsujihara's attorney said the executive did not have a direct

role in the hiring of the actress in any movie.

AT&T is continuing to work with an outside law firm to complete its investigation into the matter, Stankey said.

That would be the third investigation, two sources familiar with the situation told Reuters, and was sparked by the Hollywood Reporter article, which included text messages between the executive, the actress and two business partners.

Tsujihara was cleared in two previous internal investigations related to the matter since late 2017, the sources said. The first, conducted by Time Warner, was initiated at Tsujihara's request, the sources said, and the second was conducted by AT&T.

AT&T shares rose 0.4 percent and closed at \$30.80. REUTERS



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# Soda, sports drinks tied to higher risk of early death

People who consume lots of sugary sodas and sports drinks every day may be more likely to die early of causes like heart disease and cancer than people who rarely, if ever, indulge in these beverages, a U.S. study suggests.

Heavy soda and sports drink consumption was associated with a 28 percent higher risk of early death from any cause, a 31 percent higher risk of death from heart disease and a 16 percent increased risk of death from cancer, researchers found.

"Here in the U.S., about half of the population consumes at least one sugar-sweetened beverage per day," lead study author Vasanti Malik, a nutrition researcher at the Harvard T.H. Chan School of Public Health in Boston, said by email. "Replacing sugar-sweetened beverages with other beverages, particularly water, is one strategy to improve health and longevity."



GETTY IMAGES

Sodas, sports drinks and other sugar-sweetened beverages are the single largest source of added sugar in the American diet, researchers note in *Circulation*. Although consumption has declined in the past decade, it has rebounded slightly in recent years — and the typical adult gets about 145 calories a day from these drinks.

The study wasn't a controlled experiment designed to prove whether or how sugary drinks might directly cause health problems or send people to an early grave.

But it's likely that both the added sugars and calories in these beverages play a role, Malik said.

That's because the link between sugary drinks and early mortality wasn't as strong once researchers accounted for diet and lifestyle factors, including how many calories people consumed.

When people drink sodas and other sugary beverages, they may be more likely to develop risk factors for diabetes, heart disease and other chronic health problems, Malik said. They also may consume more total calories than they otherwise would, which contributes to obesity as well as an increased risk of high blood pressure, diabetes, heart disease and stroke.

And the increased risk of cancer seen with sugary drinks is "likely driven by diet-related cancers, including breast cancer and, to a lesser extent, colon cancer," Malik said. **REUTERS**

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# A little love on the campaign trail – Rosario Dawson dating Cory Booker

Hollywood meets Washington, D.C., as actress Rosario Dawson confirms her relationship with U.S. Sen. Cory Booker.

Actress Rosario Dawson, whose film credits include "Rent" and "Men in Black II," has confirmed reports she is dating U.S. Sen. and presidential candidate Cory Booker, calling him "a wonderful human being" whom she loves and admires.

Dawson, 39, went public about her relationship with the New Jersey Democrat in an on-camera interview

with the celebrity news website TMZ.com as she was strolling through Reagan National Airport near Washington. The video was posted on Thursday.

Asked if there was any truth to recent media reports that she was involved with the 49-year-old bachelor politician, Dawson gamely replied, "Yes, very much so."

"He's a wonderful human being. It's great to spend time together when we can," she said.

Asked whether an engagement might be on the horizon, she said, "I have no idea. I'm just grateful to be with someone that I respect

and love and admire so much, who is so brilliant and kind and caring and loving."

**"I'm just grateful to be with someone that I respect and love and admire so much, who is so brilliant and kind and caring and loving."**

**Rosario Dawson**

The New York Post reported in January that the actress and former Newark mayor had been seeing each other since at least December 2018.

Neither Booker nor



Actress Rosario Dawson and Sen. Cory Booker.

GETTY IMAGES

his representatives were immediately available for comment. Asked during a radio interview last month about how his bachelor status might play in the presidential race, Booker said he was "dating somebody now who's very special." Questioned whether she would make a "nice first lady," he replied, "Yes, she would."

The senator, who gained national prominence in the fight over

Supreme Court Justice Brett Kavanaugh's confirmation, formally launched his presidential campaign on Feb. 1, joining a crowded field of Democrats seeking their party's nomination for the White House in 2020.

Booker initially won his Senate seat in a 2013 special election, and then was re-elected to a full six-year term in 2014. He became the second African-American to

enter the 2020 presidential race, after fellow Democratic Sen. Kamala Harris of California.

Dawson, a native New Yorker of Puerto Rican and Cuban ancestry, made her film debut in the 1995 indie drama "Kids." Her movie credits include two Spike Lee dramas — "He Got Game" and "25th Hour" — "Sin City," "Josie and the Pussycats" along with "Rent" and "Men in Black II." **REUTERS**



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## Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

# Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

*The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed*

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments...* especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

### Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

*An option that a lot of back and neck pain sufferers may have never heard of before.*

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

**Know this fact:** There is no one treatment that will

help every case of back pain.

And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

### Radiofrequency Neurotomy

"Radiofrequency Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

### What Results Can You Expect?

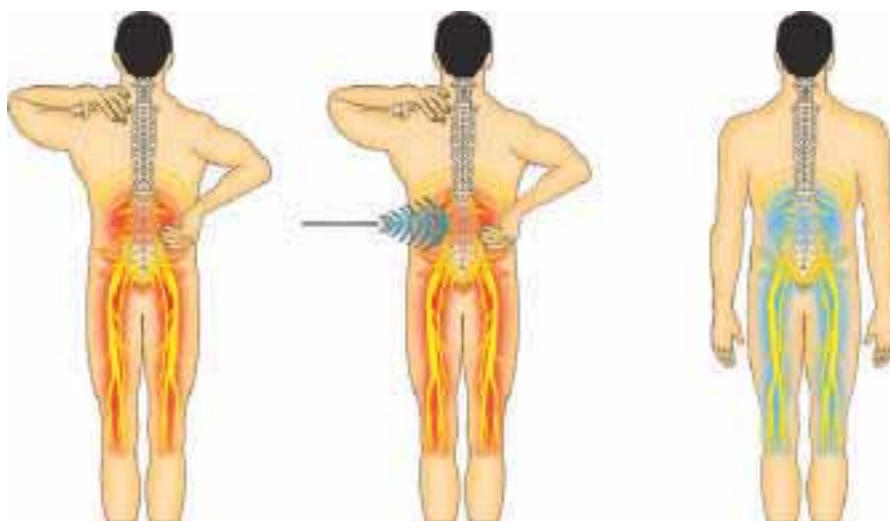
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

### How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months... 18 months for some and some even longer. The great news is - another procedure can be safely performed for more relief if necessary.

## Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



**Science rescues back & neck pain sufferers?:** Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

### Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

### Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

**RF has also been found effective AFTER back surgery when patient's still feel pain.**

*The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.*

### What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

### Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgery-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the NYC Pain MD treatments can be done in out in-office procedure suites saving you stress, time and dollars. NYC Pain MD believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

### Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every

month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at NYC Pain MD. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.



**877-907-2934**

# Red Hot Chili Peppers rock Egypt's pyramids

Grateful Dead, Sinatra among past performers at Giza, one of the Seven Wonders of the World.

Legendary alt-rockers the Red Hot Chili Peppers played in front of Egypt's great pyramids of Giza, entertaining more than 10,000 people at the site and many more over a live-stream link.

With the three ancient monuments silhouetted behind the stage, the funk-rock band opened with "Can't Stop" from the 2002 album "By the Way" and followed with "Californication," "Dark Necessities" and other hits.

The concert, held under tight security, was promoted by Egypt's tourism ministry, which is trying to put the country back on the map as a prime destination after an uprising in 2011 and years of subsequent tur-



REUTERS

moil scared many visitors away.

"It was a lot of work to get here but it was absolutely worth it," said fan Christina Robertson, from Madison, Wisconsin, who left five children at home to make the trip.

"I've always wanted to come to Egypt, I've

always wanted to see the pyramids, it's spectacular, it's a dream, and to see Red Hot Chili Peppers here, my favorite band of all time."

Singer Anthony Kiedis, bass player Michael "Flea" Balzary and drummer Chad Smith join the likes of The Grateful Dead, Scorpions and

Frank Sinatra in performing at one of the seven wonders of the world.

The concert is the first international gig to be held at the ancient site since pianist Yanni in 2015.

Fans traveled from 67 countries, said concert organizer Karim El

Chiaty, vice chairman of Travco Group.

"I think there's a big fan base in Egypt and I think for what we're trying to achieve here today, which is to promote tourism in Egypt, we needed a band of that kind of scale and that influence," said Chiaty.

Red Hot Chili Pep-

pers have sold more than 60 million albums, won six Grammy Awards and were inducted into the Rock and Roll Hall of Fame in 2012.

The band is currently on a world tour and working to complete their 12th album following their 2016 release "The Getaway." REUTERS

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## EDUCATION

EDUCATION  
GUIDE

We profile CUNY SPH's nationally renowned School of Public Health and Health Policy as well as some education events happening around the city. 14-20

# CUNY SPH's public health and policy programs rank among the top schools in the country

According to a brand-new ranking by the U.S. News and World Report, CUNY's Graduate School of Public Health and Health Policy (CUNY SPH) has risen to 23rd on its list of the best schools offering this curriculum in the entire country. This is a tremendous feat, as the school was the only public school of public health to be featured on the list in the entire tri-state area.

"The CUNY Graduate School of Public Health and Health Policy has quickly and decisively burgeoned into one of this University's great success stories and an enterprise that's wholly deserving of this recognition," said Interim CUNY Chancellor Vita C. Rabinowitz in a recent release. "The quality and accessibility of its offerings, along with its mission to spur the improvement of health outcomes for residents of



Shepard Hall, the main building of the City College of New York campus. ISTOCK

New York City and urban centers around the world, make CUNY SPH a vital, urgently important asset."

This new ranking also pushed CUNY SPH up the ranks to No. 12 on the list of public schools

and graduate schools that offer programs on public health. Out of the 120 schools that U.S. News and World Report surveyed, fewer than 68 percent of them are considered public institutions of higher learning.

This school, located in the heart of Harlem, was previously listed as 39th out of 50 on the publication's 2015 list. But according to the school's dean, Dr. Ayman A.E. El-Mohandes, this year's ranking is only a reflection

of how far their program has come in such a short amount of time.

"This dramatic surge in our ranking is a resounding vote of confidence in our school, and a tribute to the excellence of our faculty and staff,

whose commitment to public health science is matched only by their dedication to the success of our students," said Dr. El-Mohandes in the statement. "It is also a recognition of the caliber of the students we are graduating, as they make their mark in the field of public health."

The school's statistics speak for themselves, as the graduation rate for students is 80 percent. Once students have earned their degrees, 97 percent of all of those students since 2016 are either employed or pursue a higher degree of some sort. Out of all of those students polled, 80 percent of them are currently working in the field of public health.

For information on CUNY SPH's programs, make sure to head over to [sph.cuny.edu](http://sph.cuny.edu). PAT KING

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HPOG is a study funded by the federal government which is being conducted to determine how these training opportunities help people improve their skills and find better jobs. During the study, all new eligible applicants will be selected by lottery to participate in these training opportunities. Not all eligible applicants will be selected to participate in these opportunities. This document is supported by Grant #90FX0039 from the Administration for Children and Families, U.S. Department of Health & Human Services (HHS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of HHS.

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# Great events to check out around the city this week

With so many things happening around the city on a given day, we decided to round up some of the best upcoming events being hosted by local schools in the area.

## **"Mass Incarceration: Modern-day Slavery?" – Facing Our Racialized History Of Mass Incarceration**

**Date:** Tuesday, March 19  
**Time:** 3:30-4:30 p.m.  
**Where:** 31-10 Thomson Ave., Long Island City, E Building, Room E501  
LaGuardia Community College will be kicking off a series of co-curricular lectures with a discussion between faculty, students and the public about making a

positive change in the world. This first of this series is a discussion on our country's broken prison system and how mass incarceration is one of the evils holding our society back.

## **BMCC Open House**

**Date:** Saturday, March 23  
**Time:** 11 a.m.-2 p.m.  
**Where:** Borough of Manhattan Community College, 199 Chambers St.  
The Borough of Manhattan Community College (BMCC) will be holding an open house this Saturday for all prospective students of the 2019-20 school year. Unlike many other open houses, this particular

one will have tuition specialists on hand that can help those who are interested find out how nearly 70 percent of all students who attend BMCC do so absolutely tuition-free. Future students will also tour the campus and learn about the various programs the school has to offer straight from faculty members themselves.

## **2019 National Black Writers Conference Biennial Symposium at Medgar Evers College**

**Date:** Saturday, March 23  
**Time:** 11 a.m.-7 p.m.  
**Where:** Medgar Evers College, 1650 Bedford Ave.  
Brooklyn Medgar Evers



College in Crown Heights will be holding its annual National Black Writers Conference Biennial Symposium this Saturday. This year's theme will be "playwrights and screenwriters at the crossroads" and will showcase celebrated works of black playwrights, screenwriters and filmmakers. The event will also pay respect to Obie Award-winning renowned poet, playwright and novel-

ist Ntozake Shange. Shange's sister Ifa Bayeza, a celebrated artist in her own right, will be the featured speaker at this event. Tickets for students will be \$5 and \$20 for the general public.

## **New Shanghai Circus at Queens College**

**Date:** Saturday, March 23  
**Time:** 3-4 p.m.  
**Where:** 65-30 Kissena Blvd., Flushing, Queens, Colden Auditorium

Queens College will be welcoming the world-renowned and award-winning New Shanghai Circus to its Colden Auditorium this weekend for an afternoon of high-flying acrobatics, plate spinning, chair balancing, and other surprises! Tickets will run you between \$25-\$35 for all of the juggling and death-defying stunts that this incredible production can fit into a single hour.  
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Tuesday, MARCH 19, 2019 6PM–8PM

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Pat King  
Grumble Editor

#### READER WRITE-INS:

##### SHUT THE LIGHTS OFF!

I don't understand why businesses and offices leave their lights on 24/7. Aren't we supposed to be conserving energy and reducing our carbon footprint? Never mind that the cost of their escalating electric bills gets pushed down to the consumer, or that the bright lights shine into adjacent apartment bedroom windows. I'm sure that Con Edison is delighted. I'm not. SHUT THE LIGHTS OFF!!

— Anonymous, Metro US reader

##### A FAREWELL TO COWS

Though outstanding in your field,  
Though in gallons you pour out your yield,  
I must say adieu to you.

From tongue to teat  
You're really sweet,  
But I must say  
Adieu to you.

I really think all things bovine  
Couldn't be more divine,  
I must say adieu to you.

They fill you up  
With drugs and corn.  
So soon I must be moooving on  
I must say adieu to you.

Children love you, so do I.  
You go so good with cake and pie,  
But I must say adieu to you.

— Carol Nelson, Metro US reader

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**Aries** Be watchful of anyone who can affect your reputation. Keep an open mind, but don't be gullible or you will end up in a vulnerable position. Moderation is encouraged.



**Libra** Trust in your ability and don't let someone's demands or criticism stop you from pursuing your goals. Making personal improvements and reconnecting with someone from your past look promising.



**Taurus** Make plans and follow through. Addressing issues of concern and working alongside others to solve problems is encouraged. If you let anger or stubbornness take charge, you'll accomplish little.



**Scorpio** Precision, technique and style will all play a role in helping you get what you want. A partnership with someone as creative and determined as you will lead to stellar results.



**Gemini** Evaluate your position and career path and make adjustments that will encourage you to reach your goals. Include partners or people you trust in your plans.



**Sagittarius** Emotional matters will escalate quickly. Don't overreact or you will end up in a stalemate and will accomplish nothing. Be smart and apply your energy to personal improvements.



**Cancer** Look at your objectives and make sure you are being reasonable. Put your priorities in order and look for accomplices who are just as driven as you are.



**Capricorn** Make change happen. Don't wait for someone else to step up when you can take action and be able to control the outcome. Use your expertise to achieve victory.



**Leo** Look at what's going on around you, and do what you can to carry on without getting into a dispute. Patience will pay off. Make adjustments if necessary.



**Aquarius** Easy does it. If you take on too much or make promises you cannot keep, you will end up being blamed for your shortcomings. Focus on what's doable.



**Virgo** Certain changes will turn out to your satisfaction. Meetings are favored and partnerships will prove valuable. Set high standards and focus on making new connections and getting ahead.



**Pisces** An unexpected opportunity will help you advance. Don't second-guess your ability to outmaneuver any competition. A personal pick-me-up will make your day. EUGENIA LAST



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8 VCU  
MARCH 22  
9 UCF  
5 MISSISSIPPI ST.  
MARCH 22  
12 LIBERTY  
4 VIRGINIA TECH  
MARCH 22  
13 SAINT LOUIS  
6 MARYLAND  
11 BELMONT/TEMPLE  
MARCH 22  
3 LSU  
MARCH 21  
14 YALE  
7 LOUISVILLE  
MARCH 21  
10 MINNESOTA  
2 MICHIGAN ST.  
MARCH 21  
15 BRADLEY  
1 GONZAGA  
MARCH 21  
16 FDU/PRAIRIE VIEW  
8 SYRACUSE  
MARCH 21  
9 BAYLOR  
5 MARQUETTE  
MARCH 21  
12 MURRAY ST.  
4 FLORIDA ST.  
MARCH 21  
13 VERMONT  
6 BUFFALO  
MARCH 22  
11 AZ ST./ST. JOHN'S  
3 TEXAS TECH  
MARCH 22  
14 N. KENTUCKY  
7 NEVADA  
MARCH 21  
10 FLORIDA  
2 MICHIGAN  
MARCH 21  
15 MONTANA

COLUMBIA  
MARCH 24SAN JOSE  
MARCH 24JACKSONVILLE  
MARCH 23DES MOINES  
MARCH 23SALT LAKE CITY  
MARCH 23HARTFORD  
MARCH 23TULSA  
MARCH 24DES MOINES  
MARCH 23

MARCH 29

MARCH 29

MARCH 28

MARCH 28

APRIL 6



# 'S TOURNAMENT BRACKET

16: March 28-29 ELITE 8: March 30-31 FINAL FOUR: April 6 CHAMPIONSHIP: April 8

## FOUR

APOLIS  
6 & 8



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## PIONS

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MARCH 29

COLUMBUS  
MARCH 24

SALT LAKE CITY  
MARCH 23

TULSA  
MARCH 24

MARCH 29

JACKSONVILLE  
MARCH 23

**1 VIRGINIA**

MARCH 22

**16 GARDNER-WEBB**

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MARCH 22

**9 OKLAHOMA**

**5 WISCONSIN**

MARCH 22

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MARCH 22

**13 UC IRVINE**

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MARCH 21

**11 ST. MARY'S**

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MARCH 21

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**10 IOWA**

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MARCH 22

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MARCH 22

**1 NORTH CAROLINA**

MARCH 22

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**8 UTAH ST.**

MARCH 22

**9 WASHINGTON**

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MARCH 21

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**4 KANSAS**

MARCH 21

**13 NORTHEASTERN**

**6 IOWA ST.**

MARCH 22

**11 OHIO ST.**

**3 HOUSTON**

MARCH 22

**14 GEORGIA ST.**

**7 WOFFORD**

MARCH 21

**10 SETON HALL**

**2 KENTUCKY**

MARCH 21

**15 ABILENE CHRIST.**

## LIFESTYLE

Today's badass female superheroes reveal how much costumes have changed on the big screen in recent years.

LUZ  
LANCHEROS, MWN  
letters@metro.us

The galactic warrior Barbarella, played by Jane Fonda, a reflection of her time, limited herself to having big hair and showing women's sexual liberation. There is even a scene where she has an orgasm that in these times would not make sense for an audience seeking representation. Yet it paid off, because despite the negative reviews — mainly misogynistic — that "Captain Marvel" (2019) has received, the film has already hit \$187 million at the box office in its first week in theaters. Because yes, despite the fact that Barbarella and Michelle Pfeiffer's latex Catwoman are icons, today the audience is looking for something beyond a sexualized figure, so common in comics and superhero films before 2010. Brie Larson's Carol Danvers is just that for moviegoers in 2019.

Perhaps unsurprisingly, Larson's superhero suit and infrequent smile, hairstyle and even her rear end in the film have been the targets of misogynistic comments (by the thousands) on sites like Rotten Tomatoes. The character has been criticized for not being the popular, stereotypical hero that has been a hit for years in the DC and Marvel film univer-

# From "Barbarella" to "Captain Marvel": The evolution of female superheroes



Jane Fonda in "Barbarella" (1968). AMAZON

ses. For the second time — we recently saw this with the women characters of "Black Panther" — she has decided that her sensuality is not her main attribute. In fact, in the face of these absurd misogynistic critiques, a parodic initiative on Twitter called #SelfiesForBrie saw ridiculous smiles photoshopped onto other Marvel heroes' faces. The actress responded to the "smile more" backlash, saying that each of them was strong in their own way. But, why the hype?

Explains Metro costume analyst Diana Lucia Gómez: "The idea of building the character is focused on empowerment rather than on sensuality, a common resource in comics and comic films. The suit makes her look strong and highlights all her muscles. What people are criticizing is having left out that sexual dimension, because she does not show any skin. Now, Marvel has to translate the suit into recognizable merchan-

dise for toys, t-shirts and costumes, and their intention is to not make it look too masculine. They have more sexual characters, like Black Widow, whose sensuality is part of her power. Marvel is not feminist, by any means, but they know that women now go to the movies because what was once believed to be for men, today opens up other marketing possibilities and people feel better taking their daughters to the movies when they know there will be a positive representation." This already has happened with other films of the same style, notably "Wonder Woman" (2017). The costumes of the Amazon women (who, by the way, were not models but bodybuilders) generated enormous annoyance in terms of their lack of sexualization, because they were wearing actual armor. When they were re-sexualized in "Justice League," there were protests. The same happened with the 2015 version of



MARVEL STUDIOS

"Mad Max"'s Imperator Furiosa, played by Charlize Theron, and Captain Phasma from the new "Star Wars" trilogy, who were criticized for not looking "feminine" in armor.

"People need to stop thinking that a female combat look should show cleavage and legs instead of elements of protection like with any male warrior. In this sense, there has to be a more logical vision than feminine to interpret costumes," explains Gómez.

In the wake of #Me-

Too, female influence on the big screen now sees female heroes saying "bye bye" to those sexy Batgirl and Supergirl miniskirts, removing these traditionally female features and giving them a makeover — and incidentally, influencing fashion through these new costumes. Long hair and sexy are left behind for physically fit and strong, something that we have been seeing on Instagram for so long, which is a reality of these new times: Strong is the new skinny. Maybe even the new black.

## Female superhero characters THAT HAVE CHANGED THE MODEL OF FEMININITY

### Hit-Girl ("Kick-Ass," 2010)

The character played by Chloe Grace Moretz is a child who uses her brutality and precision to become the true hero of the film. In spite of the violence she inflicts and her foul language, she is the one who always saves the day — even with her wig and still ultra-feminine elements such as latex, cape and skirt.



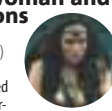
### Imperator Furiosa ("Mad Max," 2015)

The character played by Charlize Theron is a hybrid between a woman and a machine. Her femininity is powerful, rabid and without any artifices other than the oil grease on her head to denote her rank and her shaved head to show how she is brave in a man's world.



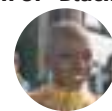
### Wonder Woman and the Amazons ("Wonder Woman," 2017)

Although Gal Gadot had already appeared in "Batman vs. Superman," we only really see in her own founding story how the Amazons' and her wardrobe is made for protection and combat, beyond the sexualization given her in "Justice League." Everything is inspired by the mythological figures of ancient Greece.



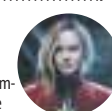
### The women of "Black Panther" (2018)

Nakia, Okoye, Shuri and Ramonda — each one, from her own position, is imposing, culturally rich references, and difficult to label. The future, minimalism, the African essence. An army of women willing to fight from their ranks exhibiting the complexity of their costumes.



### "Captain Marvel" (2019)

The other great feminist movie, where Carol Danvers, played by Brie Larson, shows a costume that powers all her physical work.



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# Protect yourself against colon cancer



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When the American Society of Colon and Rectal Surgeons revised its colon cancer screening age to 45 from 50, it made major

news. We talked to Dr. Sanghyun Kim, assistant professor of surgery at the Icahn School of Medicine at Mount Sinai, for more information.

### What age should people start being screened for colon cancer?

The American Society of Colon and Rectal Surgeons (ASCRS) had recommended that people at average risk of colorectal cancer start regular screening at age 50. However, this guideline was recently modified to 45 years of age. People who are in good health and with a life expectancy of more than 80 years should continue regular colorectal cancer screening through the age of 75.

### Why was the age lowered?

The change was made after reviewing data from a major analysis by researchers. The data showed that new cases of colon cancer are occur-



ring at an increasing rate among younger adults. Lowering the starting age is expected to benefit not only the segments of the population that suffer from colon cancer but also those individuals otherwise considered to be at average risk.

### If the age for everyone has been lowered, is there a new age for high-risk people?

No. A high-risk patient should obtain his or her screen sooner but it may depend on multiple factors. If a patient has

a family member who developed colon cancer at age 45, then the screening for the relative should start 10 years earlier, at age 35.

### Who is in the high-risk group?

Those who have a personal history of colorectal polyps or colorectal cancer; history of inflammatory bowel disease; family history of colorectal cancer or adenomatous polyps; type 2 diabetes, are overweight or obese; are physically inactive; smokers; and those who

use alcohol heavily.

### What does a colonoscopy entail?

Colonoscopy entails a long, flexible, tubular instrument about 1/2-inch in diameter that transmits an image of the lining of the colon so the physician can examine it for any abnormalities. Also, if abnormal lesion or mass is found, it can be removed completely with a colonoscope.

### Why do so many people avoid colonoscopies?

People feel that the test is difficult, painful, and uncomfortable (bowel prep). They think screening is only for those who have symptoms (screening should be done even without symptoms). Complexity and cost of screening, including taking time off from work, getting a ride home, and high out-of-pocket expenses are other reasons.

### Who's a good candidate for the at-home test?

People who have a high risk of complications from conventional colonoscopy. People who are frail or ill or cannot tolerate the procedure.

### If you do the at-home test, should you still have a colonoscopy?

It is very important that patients understand that if your at-home test has positive findings, your doctor will have to do a colonoscopy to look for and remove any precancerous or cancerous growths.

### How can you best protect yourself against colon cancer?

Get screened for colorectal cancer. Screenings are tests that look for cancer before signs and symptoms develop. Eat lots of vegetables, fruits and whole grains. Get regular exercise and watch your weight. No smoking and limit your red/processed meats and consumption of alcoholic beverages. SHEILA DOUGHERTY

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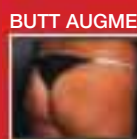
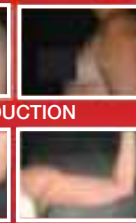
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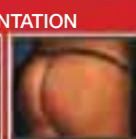
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# Money mistakes even smart people make

ALL PHOTOS ISTOCK

When it comes to finances, even savvy people can make unwise choices. Here's how to avoid them.



NerdWallet is a personal finance website.

Certified financial planner Jill Schlesinger has seen smart people make some pretty spectacular money mistakes. One client who repeat-

edly refused to buy disability insurance later developed multiple sclerosis. A doctor she knew put off writing a will and left behind a six-figure tax bill. A technology company engineer balked at her suggestion to sell some of his stock options, only to watch their value and his retirement plans evaporate when the market plunged.

Schlesinger, a CBS News business analyst and author of "The Dumb Things Smart People Do With Their Money," admits to financial missteps as well, including waiting for "just the right moment" to invest and missing a big jump in the

stock market.

"We're emotional animals, not just rational ones," Schlesinger says. "So even otherwise intelligent people are stymied by their emotions — usually fear and greed — and their cognitive biases."

In fact, a whole field of economics is devoted to exploring how we make financial decisions — including the bad ones. Behavioral economics tries to pinpoint where our brains and emotions lead us wrong, as well as what we can do about it.

## Embrace pessimism

Most of us don't like to dwell on what could go

wrong, Schlesinger notes, and many of us believe we're better at predicting the future than we actually are. Overconfidence, excessive optimism and the conviction that the recent past will continue into the future mean many of us don't adequately protect ourselves.

The client who wouldn't buy disability insurance, for example, thought he wouldn't need it because he was healthy. The stock option guy didn't want to sell a winning investment, not understanding how vulnerable he was to a downturn. The doctor just didn't want to think about dying.

The antidote to this kind of thinking is to stop trying to calculate the odds of something going wrong. Focus instead on how much you or your loved ones have to lose if the worst happens. If you can't easily absorb that loss, then buy the insurance, diversify your investments and write your will.

## Slow down

A common sales tactic is to try to create a sense of urgency so people will act. But we tend to make mistakes when we rush. If you feel pressured to buy a product, sign up for a service or invest in something, take a step

back. Schlesinger recommends asking these five questions before making investments, but they could easily apply to other financial decisions:

## How much will this cost?

What are the alternatives? How easy is it to get my money out and what fees or penalties will I pay? What tax consequences will this carry for me? What's the worst-case scenario I face with this?

## Seek out, and listen to, expert advice

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your interests ahead of their own. They can sell you an investment that costs more or performs worse than an alternative, simply because it puts more money in their pocket.

This lack of a so-called fiduciary duty has convinced many people they're better off handling their own financial affairs. A do-it-yourself approach may actually be appropriate, Schlesinger says, when you're getting a handle on the basics: paying off credit card debt, starting to save for retirement and building an emergency fund.

You still would be smart to seek out an expert if you're confronting

a situation that's complex or out of the ordinary, she says. If the IRS is auditing you, you need a tax pro. If you're being sued by a creditor, you need a lawyer. If you're about to inherit a large sum — more money than you're accustomed to dealing with — you should talk to a fee-only financial planner who agrees in writing to put your interests first.

The more money you have, the more likely you are to face complex situations that require expertise you don't have. The consequences of making a mistake or not spotting a problem can be greater as well, which is why financial planners

often hire their own financial planners.

Two areas that are particularly tricky are estate planning and retirement income strategies, including when to start Social Security and how to tap retirement funds. The cost of getting an expert second opinion could be a fraction of what you would pay for a mistake.

"We all make dumb mistakes, but some of them can be costly — and life-altering," Schlesinger says.

*This article was written by NerdWallet and was originally published by The Associated Press.*  
**LIZ WESTON**

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#16 NC CENTRAL vs.  
#16 ND ST. (-5.5)#11 ST. JOHN'S vs.  
ARIZONA ST. (-1)

## THURSDAY, 3/21

#10 MINNESOTA vs. #7  
LOUISVILLE (-5)#14 YALE vs. #3 LSU  
(-8)#12 NEW MEXICO ST. vs.  
#5 AUBURN (-6.5)#13 VERMONT vs. #4  
FLORIDA ST. (-10.5)#15 BRADLEY vs. #2  
MICHIGAN ST. (-18.5)#13 NORTHEASTERN  
vs. #4 KANSAS (-7)#12 MURRAY ST. vs. #5  
MARQUETTE (-4.5)#10 FLORIDA vs. #7  
VIRGINIA (-2)#15 ABILENE  
CHRISTIAN vs. #2  
KENTUCKY (-22.5)#11 ST. MARY'S vs. #6  
VILLANOVA (-5.5)#15 MONTANA vs. #2  
MICHIGAN (-15.5)#10 SETON HALL vs. #7  
WOFFORD (-3)#14 OLD DOMINION vs.  
#3 PURDUE (-13)MORE ODDS  
AT METROBET.USGiants GM Gettleman attempts  
to play damage control, fails

Dave Gettleman raised plenty of eyebrows during a conference call on Monday morning after last week saw the trading of Odell Beckham Jr. and the loss of Landon Collins.

JOE PANTORNO  
joseph.pantorno@metro.us

For the first time since a dizzying week that saw the departures of Landon Collins and wide receiver Odell Beckham Jr., the New York Giants' general manager faced the media on a conference call Monday to discuss some of the decisions he decided to make.

It will do little to console Giants fans who are suddenly preparing for a sizable rebuild after Gettleman let two of the franchise's best young talents go.

The All-Pro safety Collins was not extended a franchise tag by the Giants, which would have cost approximately \$11.2 million. Instead, they opted to let him walk for nothing in unrestricted free agency, a decision which was put under fire considering 38-year-old quarterback Eli Manning is carrying a \$23.2 million cap hit in 2019.

The Giants are deciding to once again go with Manning as the starting quarterback next season despite going 8-23 over the past two seasons with a quarterback rating of just 86.4 out of a possible 158.3.

Yet Gettleman sees something that the rest of the football world apparently doesn't.

"This narrative that Eli's overpaid and can't play is a crock," he said. "With the way we ended the season, and what he's making, there really wasn't a decision to make."



Giants GM Dave Gettleman spoke to the media on Monday morning. ALL IMAGES GETTY IMAGES

Gettleman can't really say it too bluntly that Manning won't be paid over \$20 million just to hold a clipboard in 2019, but he did allude to it.

In his final three games of the 2018 season, Manning averaged 279.7 yards per game with three touchdowns, three interceptions, and a quarterback rating of 79.0.



Multiple reports surfaced after Collins' departure — he signed a six-year, \$84 million deal with the Washington Redskins — that the Giants had an opportunity to trade him at the deadline, including the possibility of landing a first-round draft pick.

"The rumor that we were offered a first-round draft pick for Landon Collins isn't even remotely accurate," Gettleman said.

You'll have to excuse Giants fans if they aren't willing to believe him entirely.

After all, it was Gettleman who claimed throughout the past season that the Giants didn't sign Beckham to a massive five-year, \$95 million extension just

to trade him away.

But that's exactly what happened as Gettleman jettisoned the franchise receiver to the Cleveland Browns for safety Jabrill Peppers — considered to be Collins' replacement — a first-round draft pick (No. 17) and a third-rounder.

"Obviously there is a lot of stuff that factors in, but in order for us to move Odell the other team was gonna have to knock it out of the park," Gettleman said. "Talks were initiated by the Browns. John [Dorsey] knew we weren't just going to give Odell away... there was considerable back-and-forth."

The accepting of the deal insinuates that Gettleman truly believes that the Giants' return for Beckham was knocked out of the park (to paraphrase), right?

Well, maybe not.

"You're not gonna be able to give a Roman Colosseum thumbs-up or thumbs-down on this trade for a little bit," he went on to say, hinting

that the development of the 23-year-old safety and the outcome of the draft picks will only provide a winner of the deal down the road.

So much for that home run.

Now, while the Giants are expected to languish near the bottom of the NFC for the next few years, Gettleman attempted to change the notion, to little avail.

"We're building. The object of this is to win as many games as possible every year," he said. "You can win while you're building."

He better have a few tricks up his sleeve because the Giants right now look just like the three-to-five-win team we've seen over the past two years.

If he does, he's not disclosing anything.

"It's not my responsibility to tell you guys what we are doing," he defiantly stated.

Well, hopefully someone within the organization knows what he's doing.





The Islanders have won three of their last four despite averaging just two goals per game. GETTY IMAGES

## This is who the Isles really are

The New York Islanders continue to have difficulties finding the back of the net.

With an offense ranked 20th in the NHL, the Islanders are averaging just 2.8 goals per game during the 2018-19 season. The last three weeks have gone exactly to script as Barry Trotz's men have scored just two regulation goals or fewer in eight of their last 11 games.

There was a four-game stretch prior to Sunday in which center and captain Anders Lee was the only Islanders forward that recorded a goal. Islanders defensemen accounted for four of the team's seven tallies during that stretch, while Lee had three of his own.

Star center and reigning Calder Trophy winner Mathew Barzal has been the most notable of slumping Islanders forwards when it comes to lighting the lamp. The 21-year-old considered by many to be the team's most talented offensive threat hasn't scored a goal in 15 games as he continues to exhibit a pass-first mentality.

Normally this would be a damning stretch to any pro hockey team's hopes of making the playoffs, but it's time for the last bit of detractors and nay-sayers to realize that this is who the Islanders are.

New York has won three of its last four and five of its last seven games as they continue to defy the odds, a win on Sunday against the Wild in Minnesota moving the team back into first place in the Metropolitan Division on a tiebreaker with 91 points with just 10 games left to play. All the scoring came from forwards this time, including Lee extending his goal streak to four straight games.

While Barzal didn't score, he continued to facilitate the offense in highlight-reel fashion. He has six assists over his past six games, including a late-third-period game-winning dish to Anders Lee on Thursday night against the Montreal Canadiens and the overtime-winning setup for Brock Nelson on Sunday against the Wild.

It was an all-important response to a difficult stretch from Feb. 20 to March 3, when they went 2-5-0 over a seven-game stretch.

The Islanders have that structured system instituted by Trotz to thank as they remain amongst the most resolute teams in the NHL. Their defense is ranked No. 1 in the NHL, allowing 173 goals through 72 games, though the stonewalling goaltending duo of Thomas Greiss and Robin Lehner —

who both are enjoying career years — continue to be a sublime final line of defense for the blueliners.

With Lehner out for the past six games with an upper-body injury, Greiss has single-handedly helped keep the waters steady despite some troubling times. Over his last four games, he's allowed just five goals on 121 shots, good for a .959 save percentage. It earned him the NHL's first star of the week award on Monday afternoon.

It isn't the prettiest hockey, and it's frustrating for a fan base to see their team unable to consistently exhibit a scoring touch, but the fact of the matter is this has been one of the best seasons from an Islanders team in three decades.

The 91 points earned through 72 games are the most points accrued by an Islanders team since the dynasty years when they won the Stanley Cup four-times in a row, from 1980 to 1983. The Islanders haven't won a division title since the 1987-88 season.

"There's not too many people that thought that would be the case," Trotz said. "It's a tribute to the group of young men that are playing night in and night out and are buying in."

JOE PANTORNO

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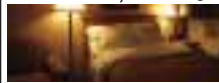
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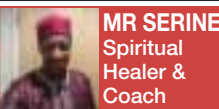
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- 1 Dorothy's dog  
5 \_\_\_ as the hills  
10 Playwright George Bernard

- 14 British noble  
15 Disney dog  
16 Easy to handle  
17 Actor Everett  
18 Harassed  
20 Ancient barbarian  
21 Charges  
22 Some golf tournaments  
23 Satchel feature  
25 Greek letter  
26 Engraver  
28 William Randolph \_\_\_  
31 Tear to bits  
32 Gather bit by bit  
34 Cheap metal  
36 Agony  
37 Courtroom event  
38 Office note  
39 Short sharp bark  
40 More reserved  
41 Cod and Canaveral

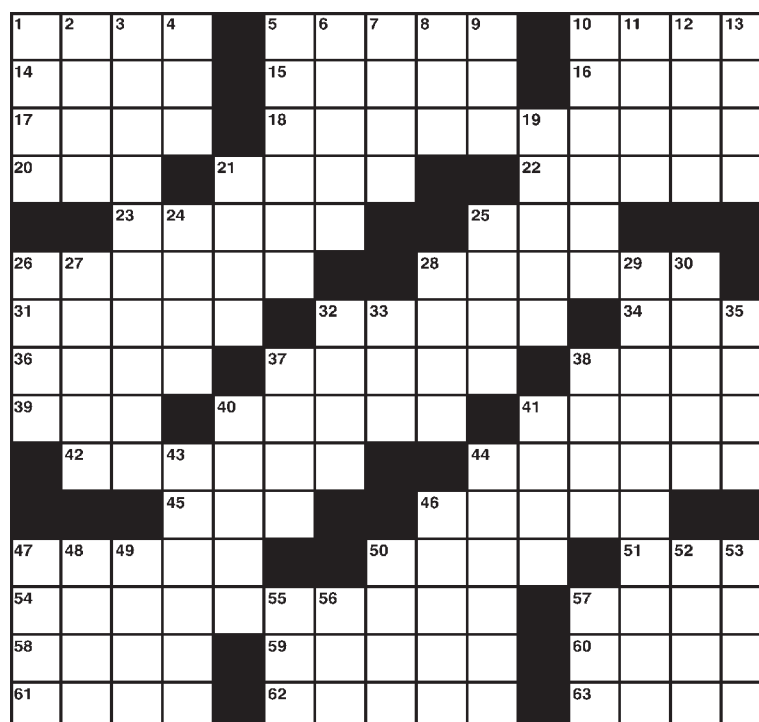
- 42 Address word

- 44 Bell tower  
45 Ram's mate  
46 Actress Burke  
47 Make amends  
50 Ring out  
51 Ref's decision  
54 Mississippi steamers  
57 \_\_\_ pet; terra-cotta figurine  
58 Rowing team  
59 Creek  
60 Heaven-\_\_\_; providential  
61 Laying birds  
62 Lagers  
63 Annoys

## DOWN

- 1 Georgia \_\_\_; Atlanta univ.  
2 Home for 2/3 of Hawaiians  
3 Court reporter's record  
4 Over-the-hill  
5 Come into view  
6 Get some shut-eye  
7 "\_\_\_ is not to reason why..."  
8 TV's Columbo & others: abbr.  
9 Female animal  
10 Trance  
11 Abhor  
12 Prayer closing

- 13 Marries  
19 Composer George M. \_\_\_  
21 One of the Flintstones  
24 Now and \_\_\_; occasionally  
25 Genuine  
26 Notice  
27 Bangkok folks  
28 Listen  
29 Relative by marriage  
30 Stopwatch  
32 "True \_\_\_"; John Wayne film  
33 Whopper  
35 Too inquisitive  
37 You, biblically  
38 Thick sweet drink  
40 Septic tank alternative  
41 Jailbird's room  
43 Extends one's subscription  
44 Wild animals  
46 \_\_\_ from; talk out of  
47 Curved beam overhead  
48 Michelin product  
49 Microwave, e.g.  
50 Not at all ruddy  
52 Hose problem  
53 Quaker product  
55 Overalls part  
56 Afternoon hour  
57 TV crime drama series

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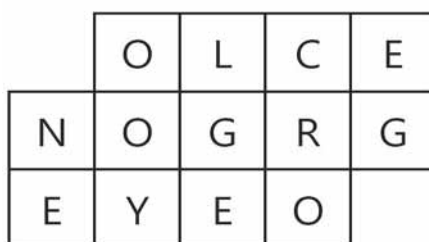
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Butch  
Coolidge  
Crowe  
Die Hard

Fiction  
John  
Looper  
Malcolm  
McClane

Pulp  
Sense  
Sin City  
Sixth  
Willis

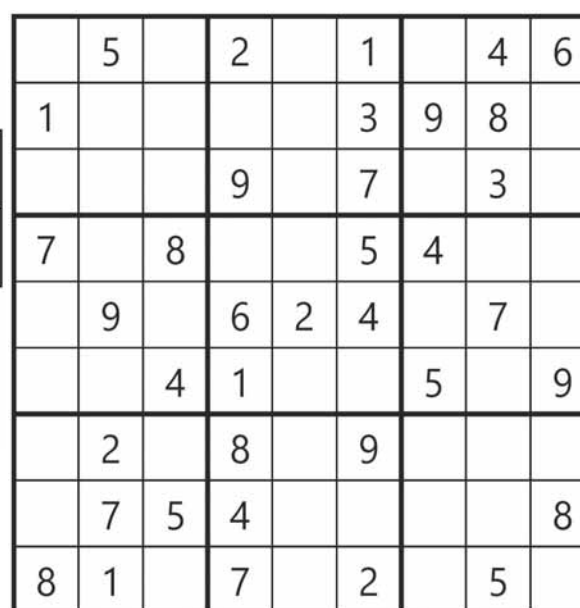
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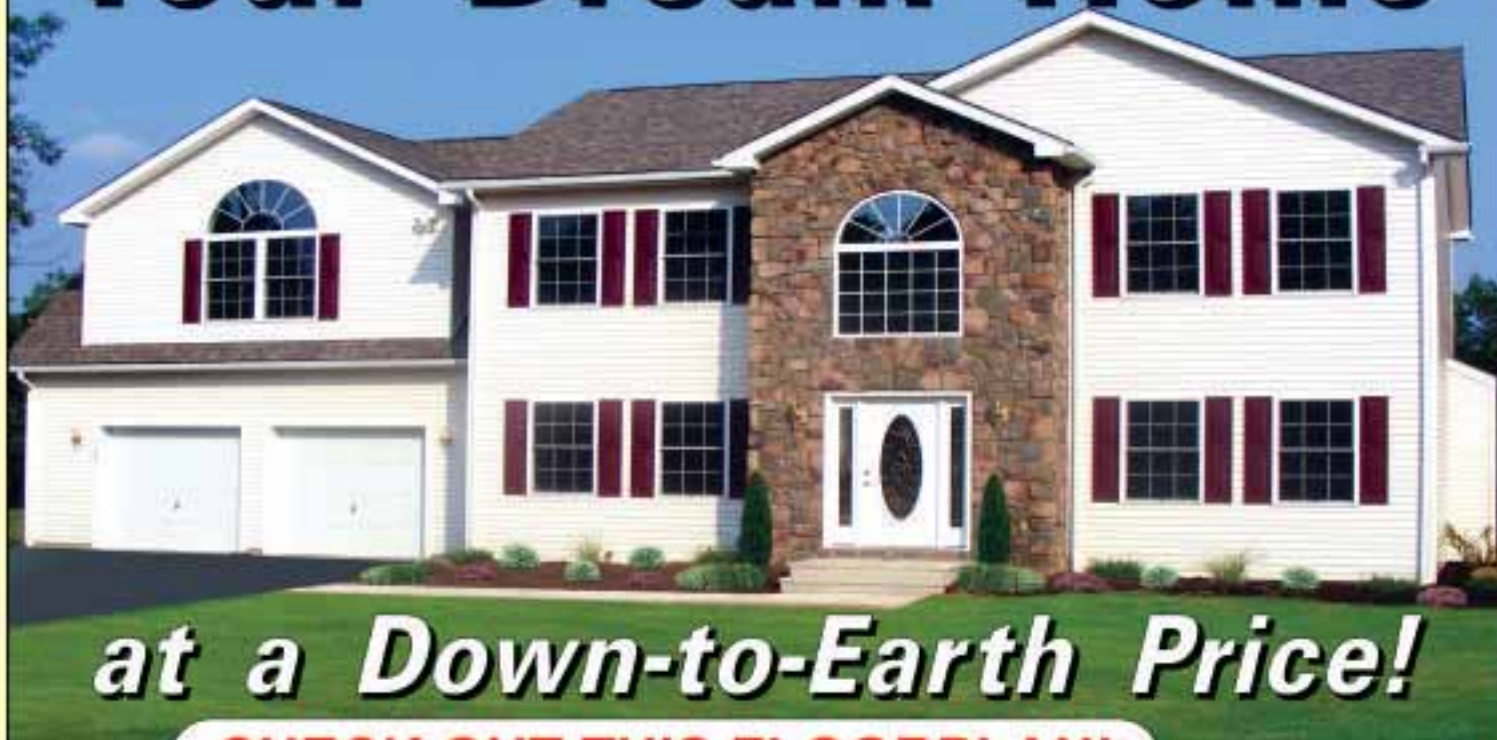
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